



Serves: 4

# GOBI PARATHA

## Ingredients

### Dough

- Whole wheat flour 1½ cups
- Salt ½ tsp
- Sunflower oil 1tbsp
- Water for kneading

### Stuffing

- Cauliflower, grated 150g
- Red chili powder 1 tsp
- Chat masala 1 tsp
- Cumin powder ½ tsp
- Green coriander, chopped 1 tbsp
- Salt, to taste
- Canola Olive Oil Spread 4 tsp

### Tips:

- Plant-based foods such as wholegrains (e.g. brown rice, wholegrain bread and oats), vegetables, fruit and beans are rich in fibre, which promote the feeling of fullness and also in blood sugar control.
- Vegetables and fruit are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers.
- Use fresh herbs and spices instead of salt to add interesting and varied flavours to dishes.

## Method

- To make the dough, mix flour, salt and oil together. Gradually add water and knead into a soft dough.
- Leave aside, covered with a moist cloth for 20 minutes.
- Prepare the stuffing by mixing all the stuffing ingredients except salt.
- Divide the dough and stuffing into 4 equal parts.
- Roll each portion of dough into a ball and create a pouch for the stuffing.
- Stuff with cauliflower stuffing. Sprinkle salt and seal the dough ball.
- Flatten dough balls and roll each ball with a rolling pin to a 6-inch diameter flat circle.
- Heat a teppan or flat griddle (tava). Brush both sides of the paratha with canola olive oil spread and cook.
- Serve hot.

### Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 242kcal  
Protein 7.7g  
Total fat (g and % of total calories) 7.9g (27.8%)  
Saturated fat 1.4g  
Cholesterol 0mg  
Carbohydrate, 38.4g  
Dietary Fibre 7.3g  
Sodium, 470mg